

Childbirth Preparation Classes

Our multi-session childbirth classes cover a wide range of topics to prepare parents for delivery and for the changes that will occur when your baby is born. Some of what you will learn will include comfort options and strengthening coping skills, getting ready for your hospital stay, how to engage your support team in your labor and birth, and what to expect when you go home with your new baby.

Breastfeeding Class

Learn about the many benefits of breastfeeding and what you can start doing now to prepare you on your breastfeeding journey. Learn all about the advantages of skin-to-skin care, building and keeping up a healthy supply of milk, cue based feeding, concerns you may encounter, and what support is available to breastfeeding moms when they return home. Classes are taught by Certified Lactation Consultants and Breastfeeding Counselors.

Sibling Class

This one-time class is for siblings of the baby, ages 2-10. Classes include information on how to gently hold and safely interact with a newborn brother or sister, a virtual or in person tour of the rooms where mom and the new baby will stay when the baby is born and a short video about bringing a new baby home.

Doula Program

MetroHealth offers the option of a doula, a woman who is trained to provide physical and emotional support for the laboring mother before, during and just after the birth. *Doula availability is limited.*



Boot Camp for New Dads

Geared to first time fathers, you will learn how to make it through the first months and come out a confident, on the job father. Dads who have gone through the program return with their newborn to share their experiences. Class facilitators address soon-to-be dads' questions and share tips on ways to help the new mother and ways to bond with the new baby. This is one of our most popular classes for men of all ages.

Labor & Delivery Prenatal Tour

This program is a stand-alone tour of the MetroHealth Labor & Delivery and Mother Baby Units to help expectant parents become familiar with these areas before birth.

Do you have a doctor for your baby?

MetroHealth is a leader in providing expert medical care for infants, toddlers, children and adolescents.

metrohealth.org/pediatrics

Register Online!

- Visit metrohealth.org/birthing to request placement in Childbirth Education Classes.
- Click "Pregnancy & Birthing Education" and then select "Childbirth Preparation Classes" to see a list of classes.

You can also register by calling 216-778-3381. Questions can be directed to childbirthed@metrohealth.org

Register early for the class of your choice.

Classes may be canceled or rescheduled based on enrollment. Registration is required.

Sara Albrecht, RNC-OB, C-EFM, CCE, CBC, BS/BA
Childbirth Education Coordinator

Birthing & Perinatal Center
metrohealth.org/birthing

Connect with
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MyChart
metrohealth.org/mychart



Childbirth Education Classes



2022 Schedule

Childbirth Preparation Classes

MetroHealth Medical Center, Main Campus

Both virtual and in person childbirth preparation classes of a limited class size are being offered at this time.

Some of the dates listed below will be virtual, and some will be in person which will be clarified at time of registration.

Series 1

Wednesdays: January 5, 12, 19
Thursdays: January 6, 13, 20

Series 2

Wednesdays: February 2, 9, 16
Thursdays: Feb 3, 10, 17

Series 3

Mondays: March 7, 14, 21
Wednesdays: March 9, 16, 23

Series 4

Wednesdays: April 6, 13, 27

Series 5

Mondays: May 2, 9, 16

Series 6

Mondays: June 6, 13, 20
Wednesdays: June 1, 8, 15,

Series 7

Wednesdays: July 20, 27 Express

Series 8

Mondays: Aug 8, 15, 22
Wednesdays: Aug 3, 10, 17, 24 Express

Series 9

Wednesdays: Sept 14, 21, 28
Thursday: Sept 15, 22, 29

Series 10

Wednesdays: Oct 5, 12, 19, 26 Express

Series 11

Wednesdays: Nov 30, Dec 7, 14
Thursdays: Dec 1, 8, 15

Labor & Delivery Tour

MetroHealth Medical Center-virtual

Wednesdays: 6:30 p.m.

Jan 19	June 15	Nov 16
Feb 16	July 20	Dec 21
March 16	Aug 17	
April 20	Sept 21	
May 18	Oct 19	

Breastfeeding Class

MetroHealth Medical Center-virtual

Thursdays: 6 p.m.

January 13	June 9, 23	November 10
February 10	July 14	December 8
March 10	August 11	
April 14	September 8, 22	
May 12	October 13	

Sibling Class

MetroHealth Medical Center-currently on hold

9:30 - 11:30 a.m.

February 26	August 27
April 23	October 22
June 25	November 19

Watch MetroHealth's Birthing & Perinatal Center Video Tour Online!

metrohealth.org/birthing/videotour

Learn about MetroHealth's full range of expert care that you can trust.



Boot Camp for New Dads

MetroHealth Medical Center: Virtual classes

Dads attend (1) Saturday session – 9 a.m. to noon

Jan 15	June 11	Oct 15
Feb 19	July 16	Nov 19
March 19	Aug 20	Dec 17
April 23	Sept 17	
May 21		

Classes in Other Locations

MetroHealth Broadway Health Center
6835 Broadway Avenue
Cleveland, OH 44105

Childbirth Preparation Classes

Series 3: Thurs. Mar 3, 10

Series 5: Wed. May 18, 25

Series 9: Tues. September 13, 20

Series 11: Wed. November 2, 9
Mon. November 14, 21

Times and dates are confirmed at registration

Boot Camp for New Dads

Broadway Health Center: Virtual classes

Saturday 9 a.m. - Noon

Jan 8, Feb 5, March 5, April 2, May 7, June 4,
July 2, Aug 6, Sept 3, Oct 1, Nov 5, Dec 3

**MetroHealth Middleburg Heights
November Family Health Center**
7800 Pearl Road
Middleburg Heights, OH 44130

Childbirth Preparation Classes

Middleburg Heights Health Center 6:30 p.m.

Series 4: Thurs. April 7, 14, 28

Series 5: Thurs. May 5, 12, 19

Series 7: Thurs. July 14, 21, 28

Series 10: Thurs. Oct 6, 13, 20